

Halifax metro

CANADIAN
MEDAL
COUNTER

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NEW BOOK
Schumer
tells all
— and
then
some
metroLIFE

Your essential daily news | THURSDAY, AUGUST 18, 2016

High 25°C/Low 16°C Partly cloudy

'He's as ready as he can be'

If Nova Scotia is to medal at Rio, it will come in the water. Mark de Jonge is our best shot.



Philip Croucher
Metro | Halifax

Mark de Jonge isn't doing media interviews this week.

The Halifax kayaker arrived in Rio on Aug. 12 and is putting his full attention to Friday and Saturday and what he hopes will be his golden Olympic moment.

"He is 100 per cent focused on his performance, so unfortunately it's not possible," Ian Miller, a communications officer for Canoe Kayak Canada, said in an email to Metro when responding to our interview request on Monday.

Of course it would have been nice to speak with de Jonge after he landed in Brazil.

The K1 200-metre sprint race in Rio is one he's been preparing for since the 2012 Games in London, when he did Halifax and our country proud by capturing the bronze medal.

Since then, de Jonge has gone on to finish first at worlds in both 2014 and 2015, and he was number one at last year's Pan-Am Games in Toronto.

The 32-year-old Halifax Olympian now needs time to focus.

The end goal is to be at his absolute best for Friday and the start of the heats, which hopefully leads to the semifinals, and eventually finals on Saturday morning.

"Different athletes go into competitions in different ways," Canadian Sport Centre Atlantic president Ken Bagnell said in an interview Wednesday.

Bagnell works closely with all Atlantic Canadian Olympians and is quite attuned to de Jonge's state of mind and his level of competitiveness.

"I think he's looking for a place where there's no distractions, where he can finalize his preparation," he said.

"Other athletes like that kind of contact. It helps them take their mind off some of their nervousness."

De Jonge is going into the K1 200-metre as the gold-medal favourite; a lot of pressure to take into a kayak. But Bagnell said de Jonge can handle the pressure and will be more than ready going into his event.

"He's as ready as he can be. He's a perfectionist," he said. "I'm sure he has everything under control. What you can't control is how fast everyone

else goes."

With the Olympics in Rio winding down, no athletes from Nova Scotia have yet made it to the podium. We've have good results though, most notably gymnast Ellie Black of Halifax and her fifth place showing in the women's individual all-around event.

Windsor's Ryan Cochrane, who only made it to Rio when a Russian team was suspended for doping two months ago, is also now a medal hopeful.

Cochrane and his partner Hugues Fournel will compete in the K2 200-metre final Thursday morning, after making it through both heats and semifinals on Wednesday.

Medals or not, Bagnell is proud of all nine Nova Scotian Olympians who made it to Rio. He knows getting to an Olympics isn't easy, and he's happy to see our athletes being discussed around medals and podiums.

He believes it shows just how far our athletes have come.

"The bar has certainly changed the last few Olympics," he said. "There's actually a different expectation now, even from four years ago. I think that's positive."

GETTY IMAGES



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Shark derbies providing scientific insight: Expert

WILDLIFE

Big catch almost sets Nova Scotia record



Yvette d'Entremont
Metro | Halifax

Love them or hate them, sharks, and shark derbies, are a topic of conversation during the summer months.

The second largest shark ever caught from Nova Scotia waters was brought in during the 25th annual Lockeport Sea Derby last weekend.

Images of the 1,076 pound, 11-foot, 10-inch Mako shark shared via social media created huge reaction from those opposed to, and those who support, shark derbies.

"Killing them just for fun," and "disgusting" were frequent comments on the Metro Halifax Facebook page on Wednesday after a story about the catch was posted.

For scientists, shark derbies provide a way to learn more about the sharks that populate Nova Scotia's waters.

"We essentially operate a volunteer tag and release program as part of the derby so any of the fishermen who are willing to take a tagging kit with them, any undersized sharks they will tag and release," explained Warren Joyce, a fisheries technician with the federal Department of Fisheries and Oceans. "It helps



The second-largest shark caught in Nova Scotia waters weighed 1,076 lbs. CONTRIBUTED/TC MEDIA

give us an idea of some of the distribution and the recapture rates that we would see with the animals."

Joyce said fisheries and oceans staff are present dockside for all sharks landed during the province's shark derbies. The majority

caught are blue sharks that are plentiful in our waters.

"We use this opportunity to get information on blue sharks that



Left to right are the crew: Ernie White, Marty Nickerson, Hank Roy, Marshal Bower, Robert Bradley. CONTRIBUTED/TC MEDIA

we don't usually have access to. A lot of the commercial fisheries like the swordfish and tuna will catch blue shark as a by-catch, but it's not a viable market fish in North America so a lot of them essentially get released at the rail of the ship," Joyce said.

"It's one of our main sources of access to these animals, the blue sharks in particular. We usually get about 300 to 400 sharks tagged a year at the tournaments."

Joyce said they've now tagged more than 3,000 animals since 2006. Those number tags provide researchers with information that includes an estimate of how

far the animals travel and how much they grow.

"We can also use their recapture rates to estimate essentially the fishing exploitation on these animals," he said.

Makos like the one caught this past weekend are a relatively rare catch at derbies because they aren't commonly found in our waters.

Earlier this month a Department of Fisheries and Oceans spokeswoman told the Canadian Press Nova Scotia's shark derbies account for only three per cent of blue sharks killed in Canadian waters by fishing-related activities.

SECURITY

Bomb scare leads to evacuations at Dalhousie



Rebecca Dingwell
For Metro | Halifax

Several Dalhousie University buildings previously closed due to a security concern were reopened Wednesday after several hours.

The Tupper Building and others nearby were evacuated on Wednesday morning. In a release, Halifax Regional Police

confirmed a bomb threat was called in to a building on College Street around 11:10 a.m. A police K9 team was sent to the scene.

At around 3 p.m., police sent a second release stating the area had re-opened to vehicle and pedestrian traffic.

In an interview, Lindsay Dowling, a media relations officer at Dalhousie, confirmed the buildings are also open.

"Most of the buildings are

attached," said Dowling.

"There's a concern when one building has a threat like that — so, when they're connected, you also have to evacuate all of them."

Those entering the buildings are required to show an "access card," such as a Dal ID, until further notice.

The Tupper Building, Tupper Link, CRC, and LSRI have re-opened with card access only. That means those entering

are required to show a Dal ID under further notice.

The Collaborative Health Education Building (CHEB) is open with general access.

According to the police, nothing suspicious was found, but the investigation is ongoing.

"(We're investigating) the specifics of the call and who it was, potentially," said police spokeswoman Const. Dianne Woodworth.

POLICE

Man dies after motorcycle crash

A 30-year-old man died when his motorcycle crashed into a mini van late Wednesday afternoon in Dartmouth.

Emergency crews responded to the collision between the two vehicles on Victoria Road at Primrose Street just after 4 p.m., Halifax Regional Police said in a news release issued at about 6:30 p.m. on

Wednesday evening.

The Dartmouth man who had been driving the motorcycle was pronounced dead at the scene. Halifax Regional Police patrol officers, forensic identification specialists and accident investigators were on scene Wednesday night, with streets in the area reopened at about 7:30 p.m. METRO

Children's hurt expressed in art

MENTAL HEALTH

First Nations youth work with artist, pain researcher



Rebecca Dingwell
For Metro | Halifax

Margot Latimer says there's a lot of pain among indigenous children that isn't being properly addressed in the health care system.

Latimer is the co-principal investigator for The Aboriginal Children's Hurt & Healing Initiative (ACHH).

Recently, ACHH went to four First Nations communities in the Mi'kmaki and Wolastoqey region with artist Alan Sylliboy. Children and teens had the chance to get to know Sylliboy and try their hand at painting.

"They were just profound, really moving experiences to be with these kids and see what they were able to produce given the opportunity," said Latimer.

On Wednesday morning, 22 selected paintings from those sessions were on display at the IWK Health Centre in Halifax.

"This process invites the kids to explore other ways to express pain," explained John Sylliboy, the aboriginal research engagement co-ordin-

+ EXPANDING

Program going to more communities

ACHH has just received funding to expand their work in six more communities across Canada, including Métis and Inuit communities. METRO

ator. "These (paintings) were the most significant."

Many of the pieces came with written narratives from the children who were willing to speak about their art. One painter recalled the hurt he felt for a friend who had a heart attack.

He thought about her and her pain when he painted. Another painted a black dragon, calling it the "lonely creature."

"Seventy per cent, approximately, of our kids, they expressed that emotional pain as part of their physical pain as well," said Sylliboy.

"This is very important to our research."

Latimer said indigenous children have the highest rates of pain-related conditions in Canada. However, the team at the IWK's Complex Pain Clinic noticed they weren't seeing those children being referred.

That's when Latimer got in touch with Sharon Rudderham, the health director at the Eskasoni Health Centre, to co-lead the ACHH initiative.



Dr. Margot Latimer at the IWK Health Centre with a gallery of paintings created by children in four First Nations communities in the Mi'kmaki and Wolastoqey region. REBECCA DINGWELL / FOR METRO

"In our first project, we learned that these kids are very stoic, and they're socialized to not talk about their

pain," said Latimer. "So, this was our second research... we decided to find new ways to help them express their pain."

This research is going to translate into the development of an app.

"Our objective with the app

is to provide the children and youth an opportunity to convey what they're feeling without having to say it," Latimer said.

WILDFIRE RISK

Rainfall means ban on woods activity is lifted

A ban on activities in Nova Scotia's woods has been lifted across the mainland after a day of heavy rainfall.

The ban on camping, hiking or visiting woods was announced last week in an effort to reduce the risk of

wildfires.

The restrictions were lifted in Cape Breton earlier this week, and the Department of Natural Resources says it's now safe to open the woods across the mainland as well.

Natural Resources Minister

Lloyd Hines says in a statement that the hard work of firefighters and the "good fortune" of rainfall made it possible to lift the ban.

The statement says burning restrictions have also been lifted, meaning it's

now safe to have a campfire or brush fire — though all fires must be put out by 8 a.m. The Halifax Regional Municipality also ended its own ban on open-air burning Wednesday.

Firefighters battled more

than a dozen wildfires in recent weeks, including a large one that raged for several days near Kejimikujik National Park, which itself Wednesday announced it was open to visitors again.

CREDIT IN SMALL CAPS

Stay safe

An MNR release notes that while travel in woods is permitted, people should still avoid any activity that could potentially cause more wildfires.

SOURCE: NATURAL RESOURCES
FIRE UPDATE, AUG. 17, 2016

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Police seek public's help to find remains

INVESTIGATION

Taylor Samson was reported missing a year ago Tuesday



Rebecca Dingwell
For Metro | Halifax

Investigators are asking for the public's help with the investigation into Taylor Samson's murder and the location of his remains.

Tuesday marked the first anniversary of Taylor Samson being



Taylor Samson FACEBOOK

ing reported missing to police.

"If people have additional information, we're open to that," said Halifax Regional Police spokeswoman Const. Dianne Woodworth on Wednesday.

"But this is more so trying to find Taylor and bring him home to his family."

At about 5:30 p.m. on Aug. 16, 2015, Samson was reported missing. Police said he had last been seen at his residence in the 6000 block of South Street at 10:30 p.m. the day before.

Investigators later ruled the case a homicide and charged 22-year-old William Michael Sandeson of Halifax with first-degree murder. Police said this was not a random act as Samson and Sandeson knew one another.

Investigators believe that Taylor was murdered at a residence in the 1200 block of Henry Street but his body has not been found.

Police ask that anyone with information contact Integrated Criminal Investigation Division at 902-490-5016 or Crime Stoppers.



William Sandeson, shown here at Halifax provincial court, is charged with first-degree murder in the killing of Taylor Samson, whose body has never been found. METRO FILE

CRIME

Two people stabbed during altercation

Halifax Regional Police are investigating after two people were assaulted with a weapon on Wednesday afternoon.

At around 12:38 p.m., officers responded to a report of a stabbing at an apartment building in the 2300 block of Brunswick Street in Halifax.

Investigators determined that there were two victims who had been stabbed.

Police say the victims — a 41-year-old woman and a

39-year-old man — were transported to hospital with non-life threatening injuries.

The woman has since been treated and released.

In a release, police stated "this matter is in the early stages of the investigation and limited details are available at this time."

Police are asking anyone with information about this incident to contact them or Crime Stoppers. METRO



MUNICIPAL POLITICS

Baker to continue run for Amherst mayoral seat despite making racial slur

The man whose words were the impetus behind the civilian call for action and diversity in Amherst's municipal governance says he's still after the mayor's chair.

Town councillor and police commissioner George Baker released a maelstrom of negativity and scrutiny from international media after admitting he

told staff of a local pizzeria in June he was "not their N-----."

While Baker waits for the matter to go before the police commission, he has released a statement saying he will not be backing down from the campaign trail.

"I am not a racist, but racial insensitivity still lives in many communities which was apparent by my use of such hurtful words," Baker wrote in an Aug. 16th release to Facebook. TC MEDIA

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GETTY IMAGES

Cabbie charged with another sex assault

CRIME

**Milad Houssen
accused of
touches, kisses
by passengers**



Yvette
d'Entremont
Metro | Halifax

A taxi driver has been arrested and charged in connection with a June 4 sexual assault after turning himself into police.

In a media release issued on Wednesday, Halifax Regional Police said Milad Houssen, 44, turned himself in at police headquarters on Tuesday in connection with the June 4 incident.

Houssen was previously charged with sexual assault in relation to a separate incident on July 9 when a female passenger contacted police to report she was kissed and touched inappropriately.

That alleged incident happened around 2:50 a.m. when a 20-year-old woman told police she had been touched in a sexual manner and kissed by a cab driver without her consent.

Police caught up with the taxi in the 1800 block of Barrington Street and the driver was arrested at the scene.

During the investigation into the July 9 incident, police said investigators identified the same man as a suspect in a sexual assault that occurred at approximately 1 a.m. on June 4.

On June 4, a man driving a taxi in the area of Grafton and Blowers streets picked up a 25-year-old female passenger. While driving, the man allegedly touched the victim in a sexual manner before dropping her off at the requested destination.

On Tuesday at 1 p.m., investigators arrested Houssen when he turned himself in at police headquarters on Gottingen Street.

+ THE NUMBERS

There have been five alleged sexual assaults by drivers against female passengers in taxis so far this year.

In an interview, Halifax Regional Police spokeswoman Const. Dianne Woodworth said Houssen willingly turned himself in Tuesday after being contacted by an investigator and advised he was going to be arrested for the June 4 sexual assault.

This second charge occurred after the victim decided she wanted to proceed with a police investigation after initially deciding against it.

Houssen is scheduled to appear in court on Sept. 8 in relation to the July 9 incident, and on Sept. 27 to face an additional charge of sexual assault in relation to the June 4 incident.

CRIMINAL COURT

Large-scale image-sharing case first of its kind: Crown

The "large-scale" case of six teenaged boys accused of keeping intimate photos on a Dropbox account will be an early test of a law designed to combat the unwanted online sharing of naked images, a prosecutor said Tuesday after a brief court hearing.

Outside youth court in Bridgewater, Crown prosecutor Leigh-Ann Bryson said it was the first time that her region has laid charges of distributing intimate images without con-

sent against a group of youths.

It's an important trial both in Nova Scotia and nationally as case law is still being developed for the law passed March 10, 2015, she said.

"Certainly it's one of the first large-scale cases of this nature," she said, adding she's aware of one other youth case underway in Halifax.

The teens are also charged with possessing and distributing child pornography.

Lawyers for five of the six

young men appeared in youth court for the arraignments. Judge Paul Scovil set Oct. 5 as the next court date, unless an earlier date can be agreed on.

One of the youths had appeared earlier and the same adjournment date was set in his case.

Police Chief John Collyer alleged that images of more than 20 teen girls were circulated after being shared without consent in the Dropbox account.

THE CANADIAN PRESS

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Dual citizens face new passport regulations

AIR TRAVEL

New policy will come into effect Sept. 30

Canadian citizens with dual citizenships will soon be allowed to fly into the country only if they have a Canadian passport.

The policy will come into effect Sept. 30 as a final phase of Canada's move to an electronic screening system to step up border security and boost exit control of travellers, including Canadians on government benefits.

The upcoming requirement has caught many by surprise calling the practice "discriminatory" against dual citizens and a money grab, and is expected to create havoc as travellers with dual Canadian citizenships may find out only at the last minute when trying to board on a flight.

Ottawa rolled out the electronic travel authorization, or

+ CITIZENSHIPS

According to the 2011 Census, at least 2.9 per cent of Canadians — about 944,700 people — had multiple citizenships; the most frequently reported other citizenships were the United States, the United Kingdom, France and Poland.

eTA, system last year, requiring air passengers — including all applicants for study and work permits, as well as those from countries that currently do not require a visa to come to Canada — to pay a \$7 fee and submit their biographic, passport and other personal information through the immigration department website for prescreening or face being denied entry — with a \$7 processing fee. American citizens are exempted.

TORSTAR NEWS SERVICE



Dual citizens will soon be allowed to fly into the country only if they have a Canadian passport. DREAMSTIME/TORSTAR NEWS SERVICE

POLICING

Minister urges talk on access to passwords

Canadians need to think about how far police should be allowed to go in accessing their electronic devices and communications, the federal public safety minister says.

A federal review of cybersecurity will provide a chance to discuss a proposal from Canada's police chiefs for a new law that would compel people to hand over passwords with a judge's consent, Ralph Goodale said Wednesday.

The Canadian Association of Chiefs of Police says the measure is needed to fight criminals in cyberspace who increasingly use tools to hide their identities and communications.

In the United States, there are literally thousands of smartphones and other digital devices "sitting on shelves" because authorities can't get into them, said Terrence Cunningham, a police chief in Massachusetts and president of the International Association

of Chiefs of Police.

"And we know that those devices hold the answers to the questions that we need so that we can hold people accountable and prosecute some of these cases," Cunningham said during the Canadian chiefs' annual conference this week.

After a speech Wednesday to the gathering, Goodale acknowledged that smartphones contain a wealth of personal data and can reveal much more about a person than an ordinary physical search might.

Civil libertarians and privacy advocates cried foul when the previous Conservative government introduced legislation that would have allowed police access to Internet subscriber information — including name, address, telephone number, email address and Internet Protocol address — without a warrant.

THE CANADIAN PRESS

"We know that those devices hold the answers to the questions that we need. Terrence Cunningham

TURKEY

Wife seeks news of imam

Rumeysa Hanci breaks down in tears when she recounts how she spent her 13th wedding anniversary, travelling home to Calgary from Turkey and not knowing when she would see her husband, Davud, again.

She said Turkish authorities have not explained why they

have imprisoned the imam, who has Canadian and Turkish Citizenship. Allegations in Turkish media that he was involved in last month's coup attempt make no sense to Rumeysa.

"My husband is a very gentle and kind man," she said from her family's northwest Calgary

houses.

Davud's job involves counselling to prison inmates in Alberta to help them develop a "peaceful understanding of life," Rumeysa said.

Rumeysa said she's hopeful: "I have a lot of faith in the Canadian government." THE CANADIAN PRESS

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Nellie McClung among those whose name could be on buildings. NATIONAL ARCHIVES OF CANADA/THE CANADIAN PRESS

Women need recognition

PUBLIC WORKS

Little done to name buildings after historic female figures

The federal government has a list of 29 prominent Canadian women it thinks deserve to have buildings named in their honour, but very little has been done with it.

Status of Women prepared the list of historic female figures more than four years ago for Rona Ambrose, who at that time was the public works minister for the previous Conservative government.

The list includes women's rights activist Nellie McClung, former Supreme Court justice Bertha Wilson, former governor general Jeanne Sauvé

and novelist Gabrielle Roy.

Nicolas Boucher, a spokesman for Public Services and Procurement Canada, said the government is still thinking about what to do with it.

"This list remains available for possible future use," Boucher wrote in an emailed statement.

One of the names on the list — nurse Jeanne Mance — had already been used for a Health Canada building in Ottawa, but Status of Women included her anyway.

The statement also noted that selecting a name is not as simple as seeing who is available from a preapproved list.

The new Liberal government is expected to unveil its first federal building name on Thursday, but the women are going to have to wait a little longer.

THE CANADIAN PRESS

CALGARY

Beyond Pride: Politicians put on the spot

Pride and politics are inseparable, at least when you consider the history of LGBTQ rights.

But over the years, Calgary Pride has been trying to untangle the mess of political leaders marching with more pomp and circumstance in the parade than in legislature.

In 2015, Pride required parade entrants to sign a pledge to underline their participation in festivities as an ally. This year, pride has further refined their application process to ensure

“It has required parties to really think of the things they need to highlight. Craig Sklenar, Pride Calgary

politicians are putting their money where their mouths are — or, in this case votes.

Applicants highlight their significant LGBTQ votes in a one-page submission and choose between a commercial application, and non-commercial — both at separate price points.

Craig Sklenar, director of government affairs with Pride Calgary said the filtration system hasn't eliminated any parties from participating this year, and they don't do deep dives on an individual's political past either. But it's set up to give the board a more stringent view of an applicant's intentions.

“It's opened up the discussion and it has required parties to really think of the things they need to highlight, which we were excited about,” he said, noting this is also the first year all parties will be represented.

“We've seen even the Progressive Conservative party moving towards that direction; it may not be fast enough for some, but they're taking steps in their viewpoints to try and be more inclusive politically.”

THE CANADIAN PRESS



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French towns prohibit wearing of burkinis

RELIGION

Yet Muslim women say the ban is sexist as well as racist

Male officials are dictating what women can wear on French beaches — and people across a wide swath of French society say that's a good thing.

Decrees issued by several mayors this month ban the burkini swimsuit, which France's secular political class says subjugates women and is incompatible with a country whose motto celebrates equality and freedom.

To many Muslim women, that's pure hypocrisy. They see the burkini bans as sexist, not to mention racist and a reactionary backlash to terrorism fears.

Even though it's only worn by a tiny minority, the burkini — a wetsuit-like garment that covers the torso, limbs and head — has prompted a discussion about Islam and women's bodies. At



A Tunisian woman in a burkini at a beach near the capital of Tunis. AFP/GETTY IMAGES

least five towns have banned them, and others are threatening to follow suit.

Prime Minister Manuel Valls says the swimsuit reflects a worldview based on "the enslavement of women."

"That is not compatible with the values of France," Valls said.

But Rim-Sarah Alouane, a religious freedom expert at the

University of Toulouse, says the anti-burkini brigade is relying on outdated ideas about Islam to stigmatize France's No. 2 religion.

"What is more French than sitting on a beach in the sand? We are telling Muslims that no matter what you do ... we don't want you here," said Alouane.

THE ASSOCIATED PRESS

Quebec politicians remain cautious

It would be difficult for Quebec to follow the lead of the French cities that have banned burkini swimsuits, the province's international relations minister said.

Christine St-Pierre said the Canadian and Quebec charters of rights and freedoms would make it "very, very difficult to ban" the body-covering swimwear.

While stating she didn't want to immerse herself in another country's debate, she acknowledged the issue is a "delicate" one.

"Do we tell women, 'stay at home, don't leave your home, stay isolated and don't go out?'" she said. "That's the question we have to ask."

THE CANADIAN PRESS



NATURE WILDFIRE THREATENS CALIFORNIA A wildfire with a ferocity never seen before by veteran California firefighters raced up and down canyon hillsides Wednesday, engulfing homes and forcing thousands to flee. THE DAILY PRESS VIA THE ASSOCIATES PRESS

THE WASHINGTON

Shipwreck found in Lake Ontario

The second-oldest confirmed shipwreck in the Great Lakes, an American-built, Canadian-owned sloop that sank in Lake Ontario more than 200 years ago, has been found, a team of underwater explorers said Wednesday.

The three-member western New York-based team said it dis-

covered the shipwreck earlier this summer in deep water off Oswego, in central New York. Images captured by a remotely operated vehicle confirmed it is the Washington, which sank during a storm in 1803, team member Jim Kennard said.

THE ASSOCIATED PRESS

FAILED COUP

Turkey to free up prison space

Turkey issued a decree Wednesday paving the way for the conditional release of some 38,000 prisoners, the justice minister said — an apparent move to reduce its prison population to make space for thousands of people who have been arrested as part of an investigation into last month's failed coup.

The government decree allows the release of inmates who have two years or less to serve of their prison terms and makes convicts who have served half of their prison term eligible for parole. Some prisoners are excluded from the measures: people convicted of murder, domestic violence, sexual abuse

or terrorism and other crimes against the state.

Justice Minister Bekir Bozdag said on his Twitter account the measure would lead to the release of some 38,000 people. He insisted it was not a pardon or an amnesty but a conditional release of prisoners.

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A tourist suspended from zip lines makes his way at speeds of up to 65 km/h toward the mist of the Horseshoe Falls, on the Ontario side of Niagara Falls. WILDPAY LTD/THE ASSOCIATED PRESS

Niagara Falls adds zip lines for teens

TOURISM

Natural attractions cashing in on popular rides

Niagara Falls is the latest natural wonder to add a zip line, offering honeymooners and everyone else the chance to take an adrenaline-pumping plunge toward churning mist.

The elevated cable rides have evolved from a novel way to explore jungle canopies to almost necessary additions to lure tourists in the 21st century to established destinations. It's a trend that's exposed a rift between those who approach nature like contemplative monks and others who require an extreme, Indiana Jones-style experience.

"We can't make these into

museums. We have to keep the general public — the folks that these places have been set aside for — we have to keep them motivated to get out there," argued Tom Benson, co-founder and chief experience officer at Wild-Play Element Parks, which built the Niagara Falls zip line.

"How do you take a teenager and get them away from a game console to something that is going to capture their imagination?" he asked.

The booming popularity of commercial zip lines over the past five years — there are at least 200 in the United States alone — means more people are experiencing nature in a way that would make Thoreau dizzy.

They can ride above the tree line at New River Gorge in West Virginia, over California's Catalina Island, above lush Hawaiian landscapes and in view of Denali in Alaska.

+ HOLD TIGHT

Zip lines elsewhere around the world:

- **Mexico's Copper Canyon** zip line ride runs for more than 2.4 kilometres.
- **Nepal's** zip line has a drop of about 600 metres.
- **Sun City, South Africa,** has a zip line that boasts top speeds of about 160 kilometres per hour.

At Niagara Falls, Benson said his four lines angling 2,200 feet along the Canadian side of the gorge were designed to be sensitive to the local environment.

THE ASSOCIATED PRESS

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MERIDIAN

Credit union takes on big five banks

Ontario's largest credit union could soon be the biggest financial technology disruptor Canada's Big Five banks face, as it seeks to launch a federally chartered bank that will offer full digital-only financial services across the country.

Meridian has seized upon new technology that enables it to offer an array of services without opening branches. The bank's lack of physical branches across the country means lower overhead costs

and will help it offer the same low-cost structure Meridian offers its credit union members.

Meridian credit union has 270,000 members. It won't open any physical branches but will continue to operate its 81 credit union outlets in Ontario. Its new bank plans to offer retail banking services such as personal chequing and savings accounts and loans, including mortgages, when it expects to open in the second half of 2018. TORSTAR NEWS SERVICE

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metro VIEWS

Your essential daily news

Thursday, August 18, 2016



CHANTAL HÉBERT ON A DEPARTED PARLIAMENTARIAN



The late Mauril Bélanger earned his place in history as one of a long line of political champions of Ontario's francophone community. It is a role that has long come with the job of representing the Ottawa-Vanier riding.

All Canadians will remember Liberal MP Mauril Bélanger, who passed away Tuesday at 61, for his grace under the cruel duress of ALS. In recent months many will also have come to know of his deathbed wish to make the English version of "O Canada" gender-neutral.

But most of Bélanger's battles were fought on a different language front. He earned his place in Ontario history as one of a long line of political champions of the province's francophone community.

It is a role that has long come with the job of representing Ottawa-Vanier in Parliament and at Queen's Park. Few ridings are more closely associated with the long-standing struggle of Ontario's francophone community to maintain its place on the province's map.

In 1916, it was the site of a memorable standoff between French-language parents and the Ontario government. In protest against regulation 17 — which limited French-language instruction to the first two years of elementary school — the mothers and grandmothers of the students of École Guigues in Ottawa's lower town set up a human chain to protect its classrooms from police interference.

When the authorities showed up, the women famously fought back with hatpins and sewing scissors. Among others, one of Toron-

to's French-language elementary schools — École Jeanne-Lajoie — is named in honour of a teacher who opened a then-illegal French school after losing her job for teaching francophone students in their mother tongue.

Not all the battles for

was happy about it. A number of Ontario municipalities declared themselves English-only, even if the act did not apply to them.

Jean-Robert Gauthier represented Ottawa-Vanier in Parliament for 20 years as of 1974. The Liberal MP fought relent-

run their own schools.

Bélanger earned his stripes on the front line of the fight to overturn a 1997 provincial decision to shut down Montfort hospital — Canada's only French-language university teaching hospital west of Quebec. Five years and two pro-Montfort court victories later, Tony Clement, as the then-Ontario health minister, waved the white flag on behalf of the Conservative government.

Today no one questions Montfort's existence. There is a tentative plan afoot to create a French-language university in Ontario. Earlier this year premier Kathleen Wynne offered the province's francophone community an official apology for regulation 17. But Bélanger would not have considered his work done.

He would have liked Ottawa — Canada's capital — to declare itself officially bilingual. Had he not lost his health he would have had a chat with Justice Minister Jody Wilson-Raybould about her contention that a Supreme Court judge can be considered functionally bilingual even if he or she can't hold a conversation in French.

Ottawa-Vanier is no longer home to as tightly knit a francophone community as it was a few decades ago. The proportion of French-speaking voters who call it home has declined. But it remains an iconic riding for the Franco-Ontarian minority. It is also one of the safest Liberal ridings in the country. There will be no lack of contenders to fill the seat. Bélanger would not wish for a faint-hearted successor.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.



LANGUAGE WARRIOR Prime Minister Justin Trudeau signs a book of condolence for Liberal MP Mauril Bélanger, who died Tuesday. Bélanger served as MP for Ottawa-Vanier since 1995. CP

French-language rights in Ontario go back a century.

Liberal MPP Albert Roy who represented Ottawa-Vanier (then known as Ottawa East) at Queen's Park in the 1970s brought in a private member's bill that would have bound the province to offer services in French. The bill failed but a decade later it served as a foundation for Ontario's first French-language services act. Roy also fought for the right of French-speaking defendants to be tried in their language.

It was Bernard Grandmaître, Roy's Liberal successor as MPP, who oversaw the introduction in the late '80s of the act that guarantees provincial services in French in designated areas of the province. Not everyone

lessly to have French's historic place in Ontario recognized, once even taking up rhetorical arms against prime minister Pierre Trudeau.

Gauthier did not support the 1982 patriation of the Constitution because it did not include the recognition of French as an official language of Ontario, on par with English. But he did have input on the wording of the section of the Charter of Rights and Freedoms that deals with minority education rights. Shortly after it came into effect, the Ontario Court of Appeal ruled that the English-speaking minority in Quebec and its French-speaking counterparts across Canada had the constitutional right, per the new charter, to

ROSEMARY WESTWOOD

A broken justice system leaves us judging the judges

It's been a bad week for Terry Semenuk.

The Alberta Judge is presiding over a horrific case of gang rape, where a 17-year-old girl was kidnapped from a bus stop in 2014 and raped repeatedly over eight hours by two brothers, who have pleaded guilty.

But that's his job. What's been especially bad for Semenuk is the way he's handled perhaps the most validating part of the criminal justice system for victims who find a way to come forward, and who win a conviction: the victim impact statement.

In what appears to be an entirely inexplicable move, Semenuk not only denied a request for the young woman's victim impact statement to be read aloud in court by the Crown — he then barred the media from obtaining it.

If Semenuk has good reason for either ruling, he's failed to offer it. A Crown reading the statement might contravene the Criminal Code, and it might conflict with a publication ban on the victim's identity, he's reportedly said.

Neither, according to legal observers, make any sense. Victim impact statements are routinely read by Crown attorneys in Toronto, and the public and media are routinely given access to victims' identities and then expected to follow any publication ban.

Unfortunately for Semenuk, judges of sexual assault trials are under unprecedented

scrutiny these days. Thanks to Justice Robin Camp, who in 2014 asked a rape complainant "Why couldn't you just keep your knees together?" we know how ignorant our bench can be. Thanks to a two-year, Ghomeshi-fuelled national conversation, we know how flippantly our justice system treats sexual assault. That's not a matter of opinion: Research shows about 0.5 per cent of sexual assaults make it to court. And unfortunately for judges, they often become the faces of the whole sorry, sloppy, ineffective mess. Because so much of what's wrong with the system lies buried in police reports we never see and cases we never hear about, judges are the visible tip of the sickened iceberg.

In the wake of the Stanford rape case, it's hard to believe Semenuk would be unaware of the power and dignity offered to victims when these statements are publicized. Perhaps he also noticed how much attention they can draw to a judge and his decisions.

Or perhaps he's genuinely ignorant of how they are, to use the words of activist Farrah Khan, "one of the few accommodations we offer survivors."

"Why can't we honour that?" she asked. Really, why couldn't Semenuk?

The answer is: We have no idea. And our judges have to do a lot better than that. When they don't, you can bet we'll be watching.

Not all the battles for French-language rights in Ontario go back a century.

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OLYMPICS Q&A

Gold medallist reflects on the momentum of women in Rio

Melita Kuburas
Metro | Canada



If there was more pressure on Rosie MacLennan going into Rio, it was self-imposed.

"I guess there was some expectation and more attention, but I think the most pressure for any athlete is the internal pressure they put on themselves," the trampolinist tells Metro.

MacLennan, 27, who won Canada's only gold medal in London 2012, proved she was still best in her sport by defending her spot last Friday.

"I'm feeling over the moon," she says, reflecting on her performance. Metro asked MacLennan about Team Canada's podium run so far, sexism in the Olympic coverage, and about her own competitive spirit and training methods. **Which competitors were you keeping your eye on?**

I was definitely keeping an eye on the two Chinese girls, Li Dan and He Wenna. They've been incredibly strong over the past decade. And then the girl from Belarus (Tatsiana Piatrenia) who won the first round — she's been incredibly strong as well. So I guess they were my watch list.

Canadian women have been dominating the podium. Have you noticed more confidence in our athletes, or do you think it's the result of



MacLennan is 'over the moon'

Rosie MacLennan, who was the flag bearer at this year's Olympic ceremony, defended her gold medal in women's trampoline on Friday. After suffering a concussion last summer, MacLennan took five months off for rehabilitation that included vestibular ocular therapy, working through her eyes to strengthen parts of her brain. DAVID RAMOS/GETTY IMAGES

more investment?

I don't know necessarily what caused it but I do think there is something to building momentum. So right off the bat when you have top performances, it's really inspiring and motivating for the rest of the team.

So for me, I watched the rugby girls the first three days and they were incredible. They performed a debut Olympic event and I was truly inspired by not only their performance but their attitude; their feelings of gratitude to be here and have the opportunity.

There has been much talk about sexism in the Olympic media coverage. Is this

something the athletes are talking about, or that you have experienced?

I think a lot of the athletes competing are really just focused on the task at hand but it has been nice to see some of the athletes, (like) Adam van Koeverden speaking up and really defending...female athletes and the way that we're covered.

One of the things about being at the Olympics is you're actually kind of removed from the coverage. We get live feeds of the sport so a lot of the coverage is about that specifically. We're a little bit sheltered from it at this point, but it might start some discussions back home.

If Penny Oleksiak is picked to be the flag bearer, what advice would you give to her?

To her or to whoever is picked: just really take in that moment and raise the flag high and proud and just enjoy it, embrace it and take it all in.

I think it's an opportunity to be an ambassador for the team and be a spokesperson for the team in a sense; to help generate conversations about things that you're passionate about.

Some coaches have called on corporate Canada to support our athletes. You've had sponsorship success, now working with Tide as well

as P&G's Thank You, Mom campaign. What's important to keep in mind when you do a campaign like this?

I think it's important to have a deeper connection. It's more than the face value of a partnership. The reason I was so excited to work with Tide (on Small but Powerful) is because of what they're trying to accomplish and it's connected to something I'm really passionate about. One of my dreams and one of my goals beyond being an athlete is encouraging and facilitating that next generation of athletes — whether it's for high performance goals or an active life, it doesn't really matter. But the

PREP MUSIC

Those who watched Rosie MacLennan win gold last Friday may have noticed she had her headphones in before her routine. What was she listening to?



"Before my first routine I listened to Citizen Cope, Let the Drummer Kick It, and then before my second routine I often listen to Stronger by Kanye West. The first one is more a pace — it gets me more calm; I love the song. And then Stronger I associate with training and with positive memories in training. It really helps me connect to that level," she said.

MELITA KUBURAS/
METRO

Small and Powerful campaign connected with me because they are doing something about it; they are putting money where their mouth is.

What was the hardest part about suffering a concussion last year?

I think the hardest part was being held back from something you absolutely love but I think that was also the benefit of it. Because I was held back, I realized all I wanted to do was get back on the trampoline regardless of what that meant for the Olympic journey.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Green Wing sends up hospital show tropes

THE SHOW: *Green Wing*
THE MOMENT: The ladies room

Joanna (Pippa Haywood) is the caustic director of human resources at a British teaching hospital straight out of a Monty Python routine. Her colleague Sue (Michelle Gomez), the staff liaison officer who can't be bothered to help her staff, stands next to her.

Surveying her reflection, Joanna unbuttons an extra button on her tight blouse and rearranges her breasts. Seeing this, Sue tries to do the same. But she's wearing a high-necked white T-shirt. After moving her hands atop her shirt unsuccessfully, she simply lifts her shirt all the way up, revealing bigger breasts, which she jiggles aggressively at Joanna.

The women head for the door, openly out-sexying each other. Sue shakes out her ponytail and whips her hair. Joanna raises her skirt and shows off her garter belt. Sue takes her skirt off. They bang into each other as they exit.

This 2004 English series re-



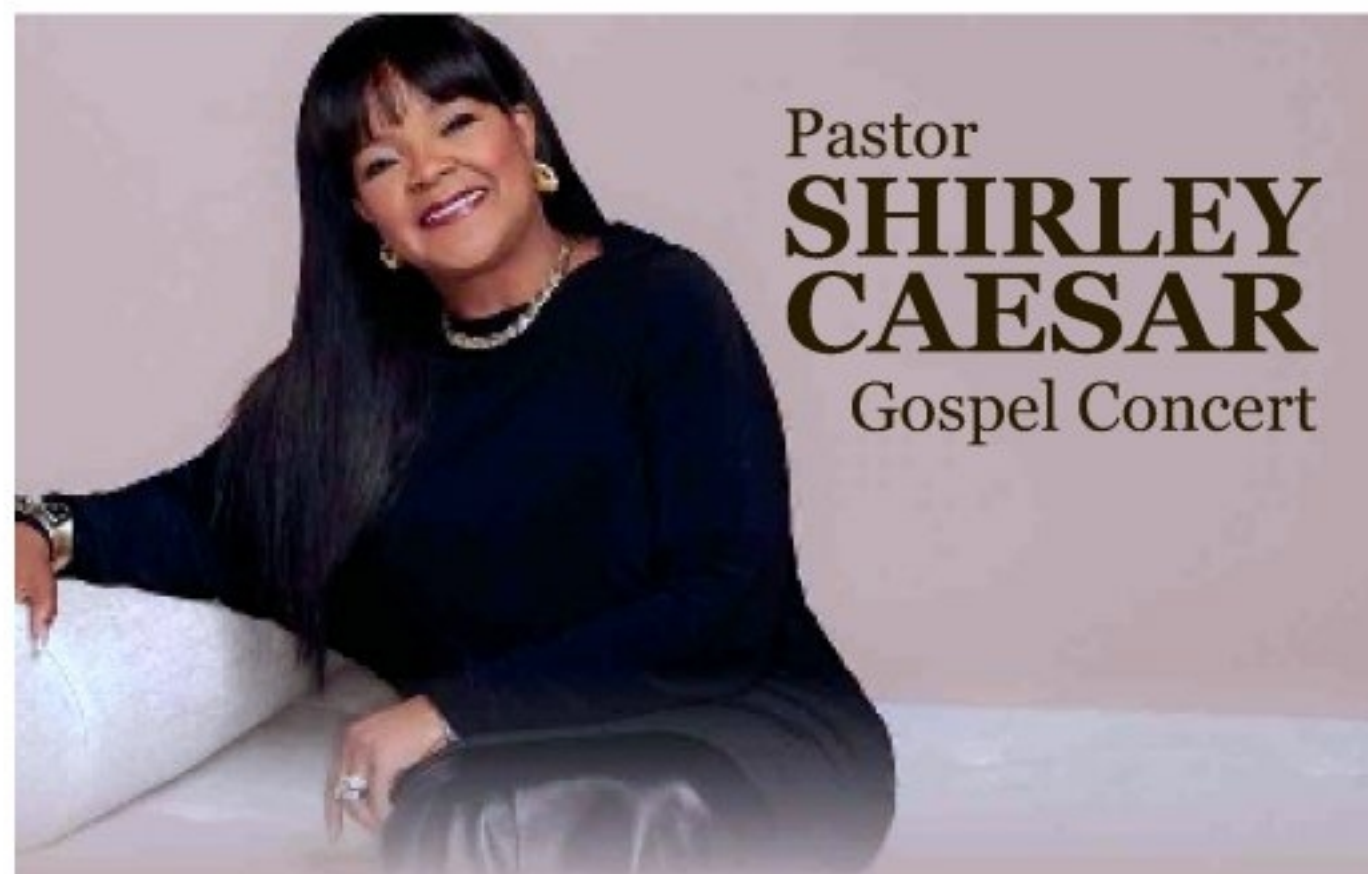
Green Wing makes funny look effortless. CONTRIBUTED

cently showed up on Netflix, and it's a romp. Its scenes are more sketches that end in punchlines than they are narrative, and it sends up every trope of hospital shows (how many times have we seen ladies' room primping played straight?). Everyone is insanely competitive. No one gives a toss about patients. They smoke like chimneys.

It's also a delight to spot the baby-faced versions of British

talent we've come to love: Olivia Colman (Broadchurch) as a scattered administrator; Tamsin Greig and Stephan Mangan (Episodes) as a doctor and anesthetist; even John Oliver pops up in episode one as a used-car salesman. They make funny look effortless.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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6

REVEALING QUOTES FROM THE NEW AMY SCHUMER BOOK

If you love Schumer, then you'll love *The Girl With The Lower Back Tattoo*, which extends and deepens our sense of her personality. **TORSTAR NEWS SERVICE**



Amy Schumer doesn't hold back in her new book. THE ASSOCIATED PRESS FILE

On having had only one one-night stand:

I'm just too pragmatic and lazy for one-night stands. I consider consequences and I don't drink like I did in college



On the demeanour of the Bloomingdale's manager who caught her and her sister shoplifting:

He was radiating smugness like someone who works at the Apple Genius Bar on the day of a product release

On calling Fayetteville, N.C. and Tampa, FL. "horrendous cities"

I'm not scared of writing that and making those people mad, because I know for a fact that no one who lives there has ever read a book

On seeing, and not recognizing, photos of herself paddle boarding in the tabloids:

Oh, cool, Alfred Hitchcock is alive and loves water sports

On her lower-back tattoo and getting trashed on social media:

There's nothing anyone can say about me that's more permanent, damaging, or hideous than the statement I have forever tattooed upon myself

On Hollywood

... it's an industry of people who judge most women almost solely on their appearance, and where every day women feel themselves barrelling toward death and decay while smaller, hotter actresses like Selena keep appearing like Russian nesting dolls



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Is this Canada's next grip-lit star?

INTERVIEW

Shari Lapena's
new novel
thrills to the
final page

Sue
Carter
For Metro Canada



Imagine being accused of a crime you didn't commit. Could you defend yourself, or are there secrets in your past that might not look too savoury or be hard to explain to investigating police and probing media?

It's been the premise behind many movies and television shows, and now that horrifying scenario is at the core of Toronto author Shari Lapena's international breakout novel, *The Couple Next Door*.

The domestic thriller follows Anne and Marco Conti, a seemingly happy and well-off couple with a new baby, Cora.

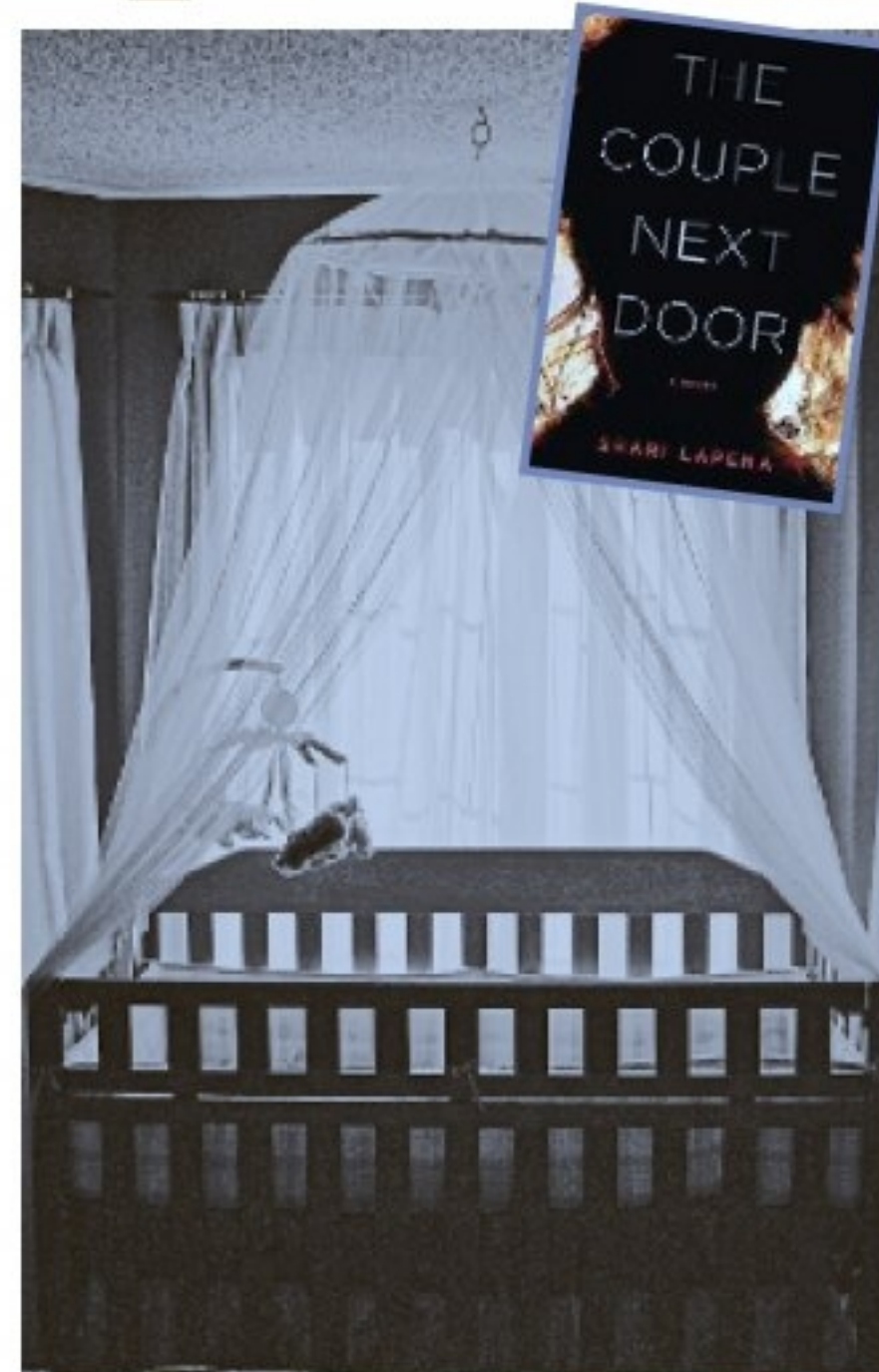
When their babysitter cancels right before a dinner party at the neighbour's house, Marco convinces Anne, who is suffering from postpartum depression, to leave Cora at home with a baby monitor.

But when Cora is discovered missing from her crib, the new parents find themselves the No. 1 suspects in the crime. The story digs deep into each of their emotions, following their every move throughout the investigation, with a plot that doesn't stop surprising until literally the very last page.

On paper, Lapena doesn't come across as Canada's next big grip-lit star.

She had a lifelong dream of becoming a writer, but went into law as a "practical choice." She then became an English teacher, which suited her career aspirations much better, but 17 years ago after the birth of her child, decided to try out writing full-time. Lapena wrote two "quiet literary novels," *Things Go Flying* and *Happiness Economics*, which was shortlisted for the 2012 Stephen Leacock Medal for Humour (she lost to Patrick deWitt's *The Sisters Brothers*), but deep down had always wanted to write a thriller. "I didn't think I had it in me," she says, laughing.

"Plotting has never been my strength so I was intimidated with the idea because I know the plotting has to be airtight and perfect and full of twists." She decided to give it a shot



When a couple's baby goes missing from her crib, they find themselves the No. 1 suspects in *The Couple Next Door*.

CONTRIBUTED



I love it, I'm going to stick with the thrillers. It's so fun to do. I think I have a natural bent for it

Shari Lapena

anyway, thinking that if the manuscript didn't work out, she could always shelve the story and never show anyone.

"But the plot came along quite naturally, it was easier than I thought," Lapena says.

It's a good thing Lapena stuck to her idea: *The Couple Next Door* is a life-changer. The novel has sold in more than 20 international territories, and is already on *The Sunday Times'* bestseller list since being released in the U.K. in July. Although Lapena's novel has little in common plot-wise with other successful domestic thrillers such as Gillian Flynn's *Gone Girl* and Paula Hawkins' *The Girl on the Train*, it has found a fan base with readers who enjoy stories where evil lurks behind the

walls of nice suburban homes.

"There seems to be a lot of interest in normal settings. I don't know if people can better relate to them or find them so much more darker and twisted," says Lapena. "I love spy thrillers but most people are not spies or criminal lawyers, but they do have families and homes so they can identify with what's going on in their homes."

So now that Lapena has more than proven that she can write page-turners will she continue to write more?

"I love it, I'm going to stick with the thrillers," she says. "It's so fun to do. I think I have a natural bent for it."

Sue Carter is the editor at Quill & Quire magazine.

Get ready, sandwich makers

Fun finds guaranteed to make back-to-school lunches and snack time shine

Tanya Enberg

Keep foods well separated with the colourful California Home Goods, 3-Compartment Reusable Bento Lunch Box. \$26.95 at Amazon.ca

The Black and Blum Bento Box doesn't take up much space, yet still stores a nice-sized lunch. Bonus — it comes with a fork and clip, as well as a sauce pot. \$28 at Chapters Indigo stores, Indigo.ca

The Sistema To Go Bento Box features a smart movable slide divider. It also has snack lovers covered with a yogurt container and two compartments perfect for smaller treats. \$22.98 at Staples, staples.ca



1

Adorable meets function with the durable Parkland Rodeo Lunch Kit (shown in purple). Designed with an insulated main compartment and a handy front zip pocket for munchies. \$29.95 at Chapters Indigo stores, Indigo.ca



2

Paw Patrol fans will be all fired up for lunchtime with the cute backpack and lunch-bag combo. \$15.97 at Walmart (in stores only)

For teens, lunch gear grows up with the insulated cooler from Dakine (styles vary). \$24.99 at LiveOutThere.com

Fully insulated with a divider for drinks and convenient pockets on the front and inside, the High Sierra Double Decker Lunch Bags (available in a variety of colours) works serious overtime on lunch duty. \$23.99 at Staples, staples.ca

Shop with heart. Every purchase of a Me to We water bottle gives a year of clean

water to a family in need overseas. \$12.95 at Staples, staples.ca

Sweeten up water breaks with the unicorn stainless steel bottle form Crocodile Creek. \$11.95 at Chapters Indigo stores, Indigo.ca



4

Keep drinks cold for 24 hours with the double walled S'well Dark Heart stainless steel water bottle. 260 ml is \$38 and 500 ml is \$45 at Well.ca

Double up snack time with the smart Snack in the Box two-sided container with lids that are super easy for little hands to open. \$13.98 at Staples, staples.ca



5

Clear, leak-proof snack containers from Sugarbooger means youngsters can see what's inside. They're also stackable for space-saving once they're done. \$12.98 at Well.ca

Invest in reusable, kid-friendly cutlery. The Monbento Pocket Cutlery set (shown in blue) is ideal for meals on-the-go. \$12.95 at Chapters Indigo stores, Indigo.ca

- 1 California Home Goods 3-Compartment Reusable Bento Box
- 2 Crocodile Creek Water Bottle — Unicorn
- 3 Parkland Rodeo Lunch Kit
- 4 Monbento Pocket Cutlery
- 5 Snack in the Box

+ SHOP SMART FOR REUSABLES

When choosing reusable containers and drink bottles, shop smart for items that are lightweight, with secure closures, so they remain spill free. Also consider stocking up on a few compact ice packs. They will come in handy for keeping the inside of lunch boxes cool.

"Kids don't get a lot of time to eat their lunches so easy to open containers and easy to eat foods are ideal," said child nutritionist Aviva Allen, founder of Healthy Moms Toronto.

"I love bento-box-style lunch boxes. Kids can select from a number of foods in front of them and none of the food is touching."



+ THE PACKED LUNCH MADE EASY

Soon kids will return to school and with that comes daily lunch-box panic. What should you include? What should you skip? Indeed, preparing nutritious and satisfying kid-friendly lunches can be challenging.

For stress-free lunchtime success, stick with simplicity and be mindful, recommends child nutritionist Aviva Allen, founder of Healthy Moms Toronto.

"Don't try to be overly creative," said Allen.

"Stick with foods you know your kids enjoy. It's not the time to introduce new foods. The goal is to give them fuel to get through their day and stay focused."

Avoid getting into a lunch-box rut and stave off culinary boredom by offering a wide range of foods throughout the week.

"I always suggest including something from a variety of food groups," Allen said.

"You never know what your kids will end up eating, but at least you have made a balance of nutrients available to them."

Include tasty, healthful snacks, such as cheese, whole grain crackers, yogurt, fresh fruit and sliced veggies served with a side of dip. Consider packing up baba ghanoush, hummus and tzatziki as they are all flavourful, low-fat options, rather than salad dressings.

Jazz up mains with a creative roasted veggie and chicken wrap, a delicious sushi selection (think avocado, zucchini, cucumber and green pepper) or vegetarian rice stir fry. Give salads a simple refresh by adding a sprinkle of goat cheese, pumpkin seeds and strawberry slices, or prepare a robust quinoa salad. Meanwhile, save time by making extra portions at dinner to turn into easy lunch leftovers.

TANYA ENBERG

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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

Finding the perfect fit

Tanya Enberg

Whether you've got a big kid returning to school or a little one just starting, finding a good quality backpack tough enough to withstand daily use is important.

Luckily among today's vast backpack options, there is the perfect fit for every kind of kid.

Before shopping around, consider how your child's backpack will be used.

Make a checklist of must-haves to help find a pack with the right features, back support and durability to get through the busy school days ahead.

"Even before choosing a colour or pattern that reflects your child's personality, it's important to look for a backpack

that offers proper functionality and durability," said Jamie Clarke,

CEO of Live Out There (LiveOutThere.com), a Canadian online retailer specializing in outdoor gear and apparel.

"Accessible pockets for a lunch bag and drinks, plus enough area to provide an extra change of clothing or shoes, and perhaps a notebook, is essential. For smaller children, it's great to

have a place where they can write their name so they always know which backpack is theirs."

It may be tempting to allow the latest trends to trump form and function, however you'd be

smart to resist being wooed by appearance alone. Proper fit and support should be high on the priority list for kids of all ages.

Seek thoughtful details, such

as accessible pockets for securing small items, quality zippers, padded, adjustable straps, reflective paneling and weather resistant materials.

School life can get heavy pretty quickly, however Clarke says proper packing techniques can help carry the load.

"It's important to teach your kids how to pack smarter to save them from future back problems," he said.

"Heavier items, like books and laptops, should be stored closer to the back of the pack and not to overload it. The maximum weight should not exceed 10 to 20 per cent of the child's body weight.

Also, unpacking items into a school desk or locker frequently will make sure the load is lighter when they're moving from gym to classroom to home."



Bixbee Monkey Animal Kids backpack, \$36.44 at Amazon.ca.

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Some restrictions apply. See in-store for details.

The Herschel Heritage Kids Backpack in navy and natural stripes is a timeless fit for youngsters aged 3 to 6. \$44.95 at Chapters Indigo stores, Indigo.ca

A true character piece, the MEC Cascade Courier Bag has a padded interior compartment that will fit a 15-inch laptop, pen slots, a slip-in pocket and mesh water bottle pocket. \$65 at Mountain Equipment Co-op, mec.ca

Get tweens roaring for back-to-school time with this playful shark pack. \$29.99 at Winners

Send youngsters to school with their favourite characters in tow, among them Star Wars, \$16.98, or Captain America and Finding Dory with lunch bags included. \$24.98, all at Staples, staples.ca

Teens will love the stylish and high-functioning Dakine Girls Grom Pack with bungee cord storage, mesh side pockets and a fleece-lined sunglass pocket. \$39.99 at LiveOutThere.com

Ease the strain of heavy gear with the SwissGear Traveler Roller Backpack. In-line wheels and a retractable push button handle makes carting school supplies a cinch. \$89.99 at Grand & Toy, grandandtoy.com

Get silly with the playful Jansport Superbreak backpack sticker design. \$35.98 at Staples, staples.ca

High schoolers will appreciate the MEC Senior Book Bag, with soft, padded shoulder straps, back panel for big text books and a zippered sleeve for a 15-inch laptop. \$42 at Mountain Equipment Co-op, mec.ca

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The precise back-to-school device

Marc Saltzman

Backpack? Check. Books? Yep. Smartphone? You bet.

An invaluable companion for any high school or post-secondary student, a smartphone is ideal for staying organized, productive, entertained and in touch with those who matter. But choosing one that best suits your needs and budget could be as stressful as a mid-term exam.

While there isn't a new iPhone available, the following are a few Android-powered considerations that make the grade. Be sure to check availability with your preferred carrier.

1) For the photography lover: Sony Xperia X Performance
If you've ever doubted smartphones have caught up to some standalone cameras, look no further than Sony Mobile's Xperia X Performance.

This slender phone packs a 23-megapixel main camera with



1

predictive autofocus that tracks your subject and anticipates its next move to capture the moment with ultra-sharp quality. Similarly, SteadyShot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a fast Snapdragon 820 processor, and a battery that can last a couple of days. \$50 on

a 2-year term.

2) For the budget-conscious: Moto G Plus

Motorola's Moto G Plus focuses on the features that matter to Canadian students. This includes a large 5.5-inch full HD display; 16-megapixel rear camera with laser focus (and a 5-megapixel front-facing "selfie" camera); and a large 3,000mAh battery with a "TurboPower"



2

quick-charging cable included.

Along with 32 gigabytes of internal storage and a removable microSD card, the Moto G Plus also includes up to two years of free storage (at original quality) via the Google Photos cloud service. \$50 on a 2-year plan.

3) For the fashionista: Samsung Galaxy S7 edge

The most premium device in this round-up, Samsung's 5.5-inch flagship phone features an all metal and glass body that's cool to the touch, plus it features smooth, curved edges on each side of the display that lets you conveniently swipe in with your thumb to access important



3

apps and contacts.

Other noteworthy features of the Galaxy S7 edge: advanced optics on both the rear- and front-facing camera (even in low-light environments);

water- and dust-resistance (IP68-rated) so you can take it anywhere; and support for accessories such as Samsung's Gear VR virtual reality headset and wireless charging docks. \$399 on a 2-year term.

4) For playful types: LG G5

LG's first "modular" smartphone lets you slide out the bottom of the metal uni-body to insert a fresh battery, camera grip with specialized buttons, and



4

other upcoming accessories, such as a DAC (digital-to-audio converter) for high-fidelity music. Simply press a small button on the side of the G5 before pulling out the base to add something new. Genius. For photo-takers, the 5.3-inch G5 has not one, but two, rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens — the widest available in any smartphone — to capture more landscape, taller buildings, or bigger groups of friends. \$99 on a 2-year term.

5) For the music freak: HTC 10

The sleek HTC 10 is the one music lovers should get as it's certified for 24-bit Hi-Res audio tracks, such as FLAC and WAV files (and support for Dolby Audio), which can be enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compat-

ible sound system. The 5.2-inch phone also walks the listener through a customized Personal Audio Profile, so you can hear music the way you like.

The HTC 10 also impresses in the photography department, as it's the world's first smartphone with optical image stabilization on both the front and back camera. \$349 on a 2-year term.



5

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DIY letter blocks for the kids

CRAFTING

Super cute project is as easy as ABC

Transform loose pages slipping out of an old book into something shelf worthy. Personalize a child's room by turning their initial into a piece of art from the pages of an old bedtime story or comic book. It's as easy as ABC.

TIP

Visit your favourite thrift shop or second-hand store to find vintage books for this project.

TRY IT

Step 1: Gather supplies

If you don't have old illustrated books that you are willing to rip apart, visit a thrift shop or secondhand bookstore to find vintage books to use for this project.

You'll need:

- Wooden letters
- Pages from old books
- Mod Podge
- Scissors
- Paint
- Paintbrush
- Foam craft brush
- X-Acto knife

Step 2: Paint the letters

Give the letters a coat of paint for a pop of colour. Let dry.

Step 3: Make a collage

Select the book pages, illustrations and text that you want to include on the letter. Depending on the design, you may wish to trace the letter onto a book page and then cut it out with scissors or do a more freestyle collage with pieces of illustrations and words scattered.

Step 4: Glue it on

Apply a thin layer of Mod Podge to the back of the paper and adhere it to the letter, smoothing it out to remove any air bubbles. Cover the letter, overlapping the paper to create a layered, collage type look. Let dry for approximately 20 minutes.

Step 5: Trim it

Use the Exacto knife to carefully trim away any excess paper.

Step 6: Seal it

Use a foam brush to apply a coat of Mod Podge on top of the paper to seal and protect the design. Let dry for approximately one hour before handling. TORSTAR NEWS SERVICE



Making letter blocks of your kid's initials is a great way to personalize a bedroom. DEBRA NORTON/FOR TORSTAR NEWS SERVICE



RETAIL

Not feeling crafty? Buy it

If decoupage is not your craft, we've rounded up a selection of arty letters ready to hang.

1 Indigo A bold, black monogram for the wall, ready to hang as is or personalize with paper and paint. Black wooden letter, A \$13.50 (sale price) CDN/ Orders over \$25 ship free Ready to ship.

2 Letters by Leslie Order a custom wooden name sign, available in a rainbow of colours. Personalized name sign \$60.97 CDN / \$16.26 shipping Ready to ship in two to three weeks.

3 Pottery Barn Kids A unique paint dipped, wood burned 8" letter includes hanger on back. Harper Painted Letter, 20" x 30" \$115.43 CDN/ \$21.93 shipping plus duty Ready to ship.

4 The Land of Nod A traditional turned wood style candleholder gets a modern update in cool cement. "M" Wood Shop Letter by Amersand Design Studio \$12.37 CDN / \$32.68 shipping Ready to ship.

5 Anthropologie Add a modern beveled woodshop monogram to your wall. Woodshop Monogram Letter \$22 USD/ \$20 shipping Ready to ship. TORSTAR NEWS SERVICE



Confident De Grasse hot on Bolt's heels

RIO2016

Canuck a step behind 200-metre king in semifinals

At the world championships last year, right after the 100-metre men's final, Usain Bolt confessed to a reporter that he didn't have a clue who this bronze-medalling Andre De Grasse kid was.

He knows now.

The kid from Canada has been right on the legendary Jamaican sprinter's heels all week.

Bronze to his gold in the 100 with a personal best on Sunday, in the pressure cooker of the Olympics marquee event.

Second to him by two-hundredths of a second in Wednesday night's 200-metre semifinal — another PB for the 21-year-old from Markham, Ont.

And Bolt, appearing to deliberately hold up, slow down, with about 40 metres to go, as if waiting for De Grasse to catch up, both of them grinning at each other in the final few strides, giving the impression of jogging together companionably.

Bolt crossing the finish in 19.78 seconds. De Grasse an eyelash behind him at 19.80 — a Canadian record. The Jamaican throwing his arm around the Canadian. Like, let's do this again some time. Thursday evening, actually.



Andre De Grasse and Usain Bolt run in the men's 200-metre semifinals Wednesday night.

MATT DUNHAM/THE ASSOCIATED PRESS



I feel like I can keep up with him better in this race.

Andre De Grasse

Pitter-patter and pounding feet.

The cocky Canadian, De Grasse, shows all the blithe self-assuredness of youth. But you have to be cocky to be good.

And he's good.

"I think I can have a personal best," he casually observed the other day following the 200-metre heats, where he posted the best qualifying time of the field and best time of his season: 20:09. He had looked right, had looked left — shades of Bolt's head swivel on the fly there. "No one was with me."

Bolt, the two-time and defending Olympic champion in the 200 owns the world record time of 19.19.

Since Beijing in 2008, Bolt has not lost a single major championship at 200. Come Friday, his Jamaican squad will be vying to three-peat Olympic gold. De Grasse is anchoring the Canadian team.

"I came to Rio to win three gold medals, to prove myself again as one of the greats," said Bolt. "Someone said if I did I would be immortal."

"I kind of like that. I'm going to run with that."

TORSTAR NEWS SERVICE



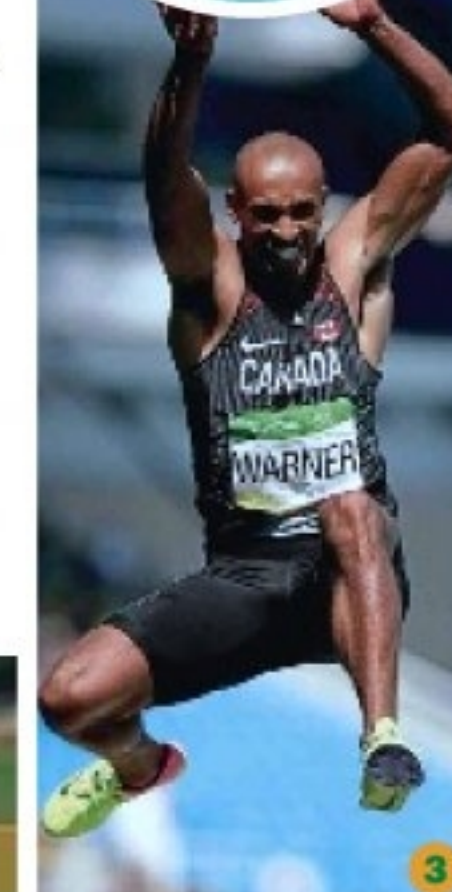
1 Top qualifying time — Melissa Bishop of Eganville, Ont., qualified with the best time (1:58.38) in the women's 800-metre heats.

2 Denied bronze — Canada just missed the podium in Olympic show jumping, losing to Germany in a jumpoff for bronze.

3 Strong takeoff — London, Ont.'s Damian Warner got off to a good start in the Olympic decathlon — he was third overall after Wednesday's five events.

4 Tee'd off — Brooke Henderson of Smiths Falls, Ont., carded a 1-under-par 70 in the opening-round of the women's golf tournament. Thailand's Ariya Jutanugarn leads at 6 under, while Alena Sharp of Hamilton sits at 1 under.

PHOTOS BY GETTY IMAGES



SOCCER

Brazil romps way to gold-medal match



Rafael Alcantara, top, and Neymar helped fire up the home crowd Wednesday.

ODD ANDERSEN/AFP/GETTY IMAGES

Maybe Neymar and his teammates can make the Olympics a success for Brazil after all.

Brazil's celebrated men's soccer team rolled to a 6-0 win over Honduras in the semifinals Wednesday to earn a spot in the gold-medal match.

Brazil started the day 16th in the medal standings, with only three golds in the first 11 days.

Empty seats have been prevalent across Rio, but not at Maracana Stadium, where they packed in to watch Neymar and Co. They didn't have to wait long,

SEMIFINALS



with Neymar scoring 15 seconds into the game. It was the fastest goal in men's Olympic history, and Brazil led 3-0 going into half-time to cruise into the final.

"We don't want to disappoint the fans," Brazil midfielder Renato Augusto said. "They want us

to play well and they want us to win the gold."

Neymar added a goal on a penalty kick in stoppage time, and Gabriel Jesus also scored twice for Brazil, which got off to a slow start in the tournament. But the team picked up the pace and will face Germany, which beat Nigeria 2-0 in the other semifinal. Germany's senior team trounced Brazil 7-1 in the semifinals of the World Cup in Rio two years ago.

"Hey Germany, just wait, your turn is coming up!" a fired-up fan base chanted. THE ASSOCIATED PRESS

RIO In brief

Yeats can't grapple bronze

Dorothy Yeats of Montreal fell short of capturing a medal, losing her battle for bronze in women's 69-kilogram wrestling on Wednesday.

Yeats was defeated 2-1 by Sweden's Anna Fransson.

The Canadian, who won her opening match 11-1 over Nigerian Hannah Rueben, lost 7-2 in the quarter-finals to Sara Dosho of Japan, then edged Buse Tosun of Turkey 3-2 in the repechage round. THE CANADIAN PRESS

Canadians paddle into final of 200-metre kayak double

Ryan Cochrane of Windsor, N.S., and Hugues Fournel of Montreal qualified for the final of the men's K2 200 metre.

Cochrane and Fournel were nominated to the Canadian Olympic Team just over two weeks ago after a Russian crew was suspended due to a doping infraction.

The final takes place Thursday morning.

THE CANADIAN PRESS

Conor McGregor's news conference with Nate Diaz ahead of their rematch at UFC 202 ended with the two men throwing bottles at each other

RIO 2016

Lochte's dad says robbery occurred

The father of American swimmer Ryan Lochte said Wednesday his gold medal-winning son arrived back in the United States before a Brazilian judge ordered that Lochte and U.S. teammate Jimmy Feigen stay in Brazil as authorities investigate their claim they were robbed during the Olympics.

Steve Lochte told The Associated Press by phone from his Florida home that his son called him Tuesday after arriving in the U.S. "I'm just happy he's safe," the elder Lochte said. "I don't know what all the controversy is. They were basically taken out of the taxi and robbed."

Feigen's whereabouts could not be confirmed, though he told the San Antonio Express-News he was still in Brazil. The office of Judge Keyla Blank confirmed the order to seize the passports of Lochte and Feigen in a statement Wednesday. Lochte and three of his teammates said they were robbed at gunpoint in a taxi as they returned to the athletes village from a party, several hours after the last Olympic swimming events were held.

Police have found little evidence so far to support their accounts, and say the swimmers were unable to provide key details in police interviews.

"Why would anybody fabricate anything?" Steve Lochte said. "It's just ridiculous." A police official with knowledge of the investigation told the AP that police cannot find their taxi driver or witnesses. THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

Yanks can't handle Happ

MLB

Jays hold on to top spot as pitcher extends win streak to 11

Before this season, J.A. Happ had a career record of 62-61 with a 4.13 ERA. This year, he's putting up Cy Young Award numbers.

Happ won his career-best 11th consecutive decision to become the majors' first 17-game winner in 2016, pitching the Toronto Blue Jays past the New York Yankees 7-4 on Wednesday.



J.A. Happ
GETTY IMAGES

"He's just turned into a better pitcher. He's more of a command guy," Toronto manager John Gibbons said. "He's got a great feel. He's doing a tremendous job."

Melvin Upton Jr. hit a three-run homer and Darwin Barney had an early two-run double for the first-place Blue Jays, who

WEDNESDAY In N.Y.C.



hold a slim lead over Baltimore and Boston in the AL East. Russell Martin added three hits, including an RBI single off CC Sabathia, as the Blue Jays took two of three in the series, delighting a vocal contingent of Toronto fans at Yankee Stadium.

Happ (17-3) pitched into the eighth inning and extended the longest active winning streak in the majors. He struck out nine, walked one and yielded solo homers to Gary Sanchez, Starlin Castro and Chase Headley. "If you can try to limit them to solos, you give yourself a

chance. That's kind of what happened today," Happ said.

Signed as a free agent in the off-season to a \$36 million, three-year contract, Happ has won five straight starts. The 33-year-old lefty, who hasn't lost since June 6 at Detroit, is 3-0 in four outings against the Yankees this year.

"He's dominant," teammate Josh Donaldson said. "He's just been doing his thing. He's just been great."

Happ hides the ball well and has a sneaky fastball that he moves all around and can elevate to get strikeouts. His big season is a continuation of his success down the stretch last year, when he went 7-2 with a 1.85 ERA in 11 starts after getting traded from Seattle to Pittsburgh.

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“He's just turned into a better pitcher. He's more of a command guy. He's got a great feel. He's doing a tremendous job.”

Toronto manager John Gibbons on Happ



Jays closer Roberto Osuna and catcher Russell Martin hug after Wednesday's win. JIM MCISAAC/GETTY IMAGES

SOCCER

FIFA seeking bans in match-fixing case

FIFA ethics prosecutors want a six-year ban for a former South Africa Football Association president in a long-running case of fixed friendlies played ahead of the 2010 World Cup by the host nation.

FIFA's ethics committee said Wednesday that investigators also asked for life bans to be imposed on a Zimbabwean official and a coach from Togo for bribery and corruption.

In previous verdicts, four SAFA officials were banned

for up to six years for links to fixed 2010 World Cup warm-ups where referees were appointed by Singaporean matchfixer Wilson Raj Perumal.

FIFA prosecutors have now recommended sanctions against three more men in final investigation reports sent to ethics judges. They are: former SAFA president Kirsten Nematandani; Jonathan Musavengana of Zimbabwe; and Bana Tchanile of Togo.

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IN BRIEF

Gomez signs for Wolfsburg

Wolfsburg says it has signed Germany striker Mario Gomez from Italian side Fiorentina.

The Bundesliga club gave no details of the transfer fee or the contract, but German media reported that Wolfsburg is paying around seven million euros (\$7.9 million US) for the 31-year-old's services. Wolfsburg general manager Klaus Allofs says, "he and his ambitions go perfectly with us."

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NFL

Injury-plagued Cruz remains defiant

Off-injured Victor Cruz isn't giving up on his hope to play for the New York Giants.

The 29-year-old wide receiver remained optimistic Wednesday despite being sidelined the past few days by a groin injury.

The latest injury has many wondering whether Cruz is starting another phase of getting close to playing and then having a setback. He missed all of last season with a calf injury and was limited to six games in 2014 by a knee injury

sustained against the Philadelphia Eagles.

Cruz was defiant when asked what he had to say to those who feel his career is over after six seasons. "Tune in," he said.

While he did not practice Wednesday, Cruz ran some drills under the supervision of strength and conditioning coach Aaron Wellman.

"I felt good," Cruz said. "We ramped it up a little bit today, but I feel great."

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RECIPE Salmon Dinner Salad



PHOTO: MAAYA VISINYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, yet hearty salad is a meat-and-potatoes dinner, summer style.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise

Directions

1. Boil potatoes until tender. Drain

and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

2. Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

3. Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

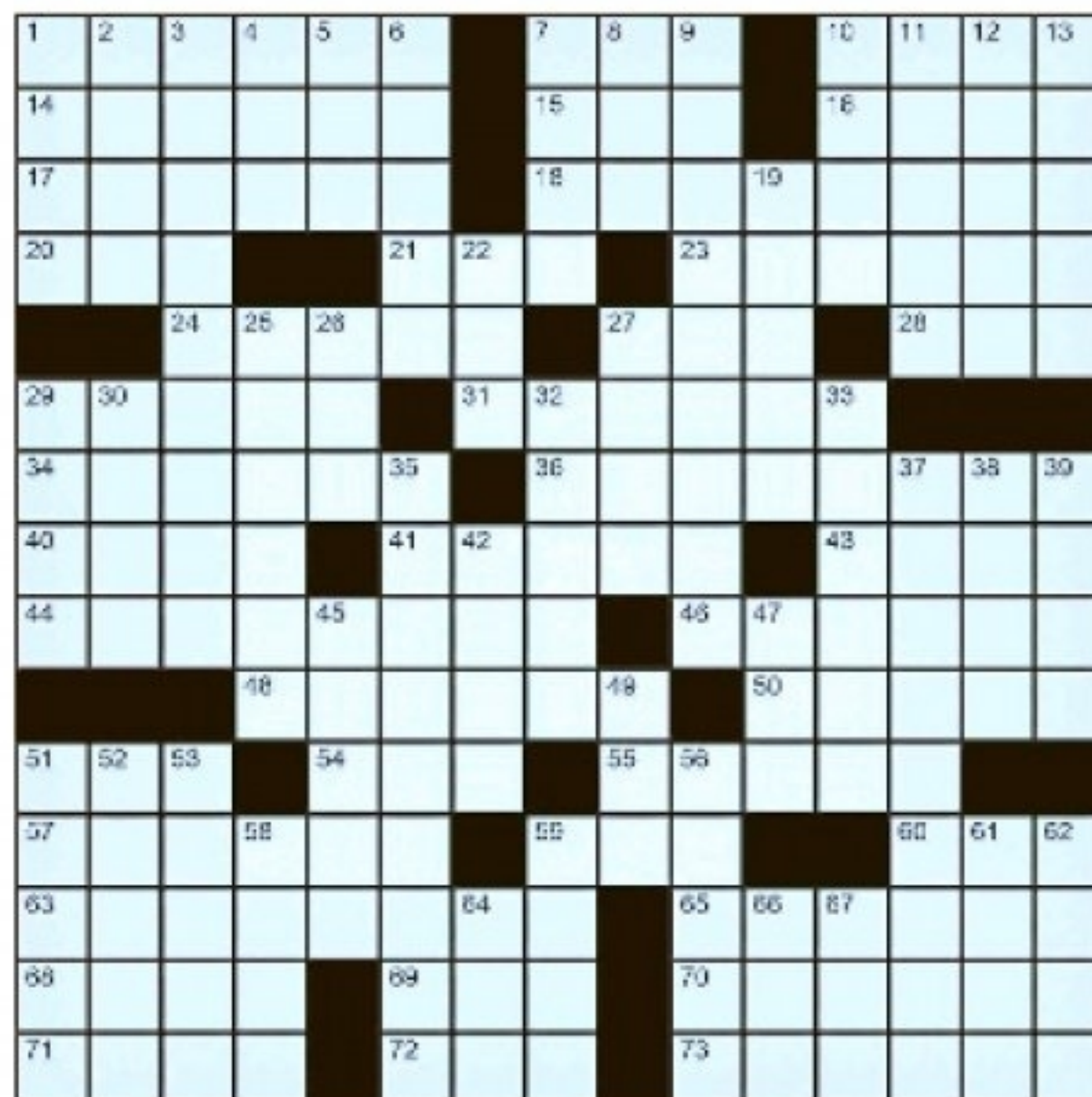
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: The Olympic Motto, 'Citius, __, Fortius'
7. RIO 2016: Belgrade's locale, IOC-style
10. Treaty
14. William Randolph __ (Newspaper magnate)
15. Ms. Carrere
16. Hillside dug-out shelter
17. "Thanks __ much!"
18. RIO 2016: Endurance event
20. 'Peace' suffix (Pacifist)
21. Groove
23. 'The Minister of Everything': Canadian politician/businessman, __ __
24. Soil crawlers
27. Theological sch.
28. L'il streets
29. "Canadian Girls" by Dean __
31. "The Blue __" (1946) starring Veronica Lake
34. Direct, as per ancestry
36. RIO 2016: Soccer's Olympic synonym
40. Brit. word/reference works
41. British car, __ Martin
43. Herman Melville story
44. Canadian chocolate-covered raisins brand
46. Yukon neighbour
48. Hive house
50. "Our Father which



- __ heaven...
51. Baton Rouge sch.
54. Opposite of Jnr.
55. Alphabetic quintet
57. RIO 2016: One of the Olympic rings
59. Luxe lieu
60. Campers, com-

- monly
63. RIO 2016: Closing __ (Sunday, August 21st)
65. RIO 2016: Shuttlecock, as in Badminton
68. RIO 2016: Equestrian's strap
69. Hi-__ graphics

70. Esoteric
71. Gremlins, Pacers, et al. as per cars
72. Point
73. Juicing gadget

DOWN

1. "Two owls and __ / Four larks and..." - Edward Lear

2. __ Strauss & Co.
3. RIO 2016: Olympic sport
4. Not standard, briefly
5. __ Enterprise
6. Rainy event
7. Income tax __
8. Narrow inlet
9. RIO 2016: 1992 Summer Olympics site

10. RIO 2016: Route, as per Cycling
11. Don't like at all
12. RIO 2016: Bunch of spectators
13. Prongs
19. Acknowledge
22. Amer. currency
25. Saskatchewan village
26. Rug kind
27. "Begone bug!"
29. Online journal
30. Canadian rebel Louis
32. Following
33. RIO 2016: On the Sailing boat
35. RIO 2016: #1-Across' answer, or the other parts in the motto: 2 wds.
37. RIO 2016: 1928 Summer Olympics host city
38. Tricky Norse deity
39. __ shark
42. Celestial body
45. Salts sort
47. Lake: French
49. Pitchy dog bark
51. RIO 2016: Sports-wear fabric
52. "Now you __, now you don't!"
53. Saint-__ (Municipality in Quebec's Gaspé Peninsula)
56. Elephant in literature
58. Contact __
59. Way [abbr.]
61. Grapes grasper
62. Oracle
64. New
66. Wrath
67. TV-making co.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Continue to look for ways to improve your job or to get a better job. Lucky Jupiter, Mercury and Venus all are waiting to help!

Taurus April 21 - May 21
Grab every chance to take a vacation, because three planets are urging you to have fun. Sports events, playful activities with children and romance also are blessed.

Gemini May 22 - June 21
You continue to benefit from anything related to home and family, including real estate. This is a good time for home repairs and redecorating projects.

Cancer June 22 - July 23
Life is fast-paced now because of short trips, increased reading and writing, plus busy errands and conversations with everyone. Just go with the flow!

Leo July 24 - Aug. 23
Continue to look for ways to boost your income, because you can do this now. Mercury, Venus and lucky moneybags Jupiter all are in your House of Earnings!

Virgo Aug. 24 - Sept. 23
This continues to be a favourable time for you. Please take note: This is a great week for Virgos to buy wardrobe items.

Libra Sept. 24 - Oct. 23
Although you are working behind the scenes and playing it low-key, your communication with others nevertheless is direct and highly charged! (No one sees you coming.)

Scorpio Oct. 24 - Nov. 22
People in power — bosses, parents, teachers and VIPs — admire you now. This advantage will stay with you for another week, so make the most of it! Go after what you want!

Sagittarius Nov. 23 - Dec. 21
Grab every opportunity to travel and expand your horizons, because this is what you need to do now. Fortunately, with Mars in your sign, you won't hesitate to go after what you want!

Capricorn Dec. 22 - Jan. 20
Study, interactions with other countries and cultures, plus opportunities to travel intrigue you now. Settle loose ends with shared property so that you are free to fly!

Aquarius Jan. 21 - Feb. 19
You need more rest right now. (Respect your need for more sleep.) This will help you in issues where you might be in competition with someone else.

Pisces Feb. 20 - March 20
It's easy to get better organized now, because people are supportive. They want to help you. Relations with partners are wonderful. Lucky you!

CONCEPTIS SUDOKU by Dave Green

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